

**CompcareBlue Healthy Lifestyles Program:**

**LifestyleBlue will reimburse \$50.00 per person per year up to an annual maximum of \$200.00 for any fitness club membership. \***

Your CompcareBlue Aurora Family Network HMO and your CompcareBlue Traditional HMO, offers the LifestyleBlue Healthy Lifestyles program at no cost. With LifestyleBlue you have access to **valuable discounts** of a variety of products and services including:

- Weight loss programs
- Smoking cessation programs
- Eye exams, eyeglasses and contact lenses
- Hearing aids and hearing exams
- Fitness club reimbursement

And many others services.

For a full list of discounts available through LifestyleBlue visit [www.bluecrosswisconsin.com](http://www.bluecrosswisconsin.com) and click on "forms and info library", or call a customer service representative at 1-888-239-9514 and request them to send you information about **LIFESTYLEBLUE**.

**There is no additional charge for City of Milwaukee HMO members to participate in this program.**

\* A fitness center shall be defined as a health club (e.g. Bally's Gold's Gym, YMCA/YWCA, community fitness centers, etc.).



## FITNESS MADE EASIER

The foundation of any wellness program is regular exercise. Exercise burns calories, which can help keep weight under control. It also improves cardiovascular health and has been proven to reduce both blood pressure and cholesterol, all of which can help prevent heart attack and stroke.

Exercise can even improve arthritis symptoms as it improves muscle strength and flexibility. Furthermore, exercise helps relieve stress and promotes emotional well-being.

That's why we offer to reimburse you for membership in the fitness club of your choice\*.

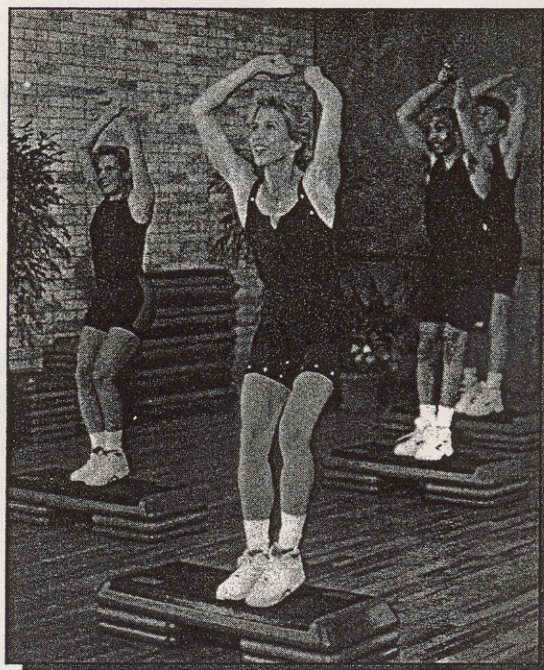
If you have an individual health plan, we will reimburse you \$50 per year for a membership in any fitness club.

If you have a family health plan, we will reimburse you \$50 per person per year, up to an annual maximum of \$200 for any fitness club membership.

To obtain reimbursement, submit a fitness reimbursement form to the address shown on the form, along with the receipt for your paid fitness club membership. This form is included with your LifestyleBlue brochure. You can obtain additional copies through your sales account executive or our customer service department.

*\*A fitness center shall be defined as a health club (e.g. Bally's, Gold's Gym, YMCA/YWCA, community fitness centers, etc.). However, in communities in which a health club is not present, a fitness program (i.e. aerobics, strength conditioning, indoor walking/running, martial arts and yoga) offered by a community center, school or church will be treated as a fitness center.*

*Team sports offered by a community center or school (e.g. basketball, baseball, soccer or tennis leagues, etc.) are not eligible for reimbursement under the program.*



**WE WILL REIMBURSE  
YOU \$50 PER YEAR  
FOR A MEMBERSHIP IN  
ANY FITNESS CLUB.**

[bluecrosswisconsin.com](http://bluecrosswisconsin.com)

**LifestyleBlue** 

Blue Cross & Blue Shield United of Wisconsin  
Compcare Health Services Insurance Corporation  
Independent licensees of the Blue Cross and Blue Shield Association

**NOTICE:** The Fitness Club Reimbursement program is made available as a courtesy to Blue Cross & Blue Shield United of Wisconsin and CompcareBlue members. It is not part of your insurance coverage and there is no cost to you to receive it. This program may be discontinued or changed at any time without notice.

BCBS 0312 1002